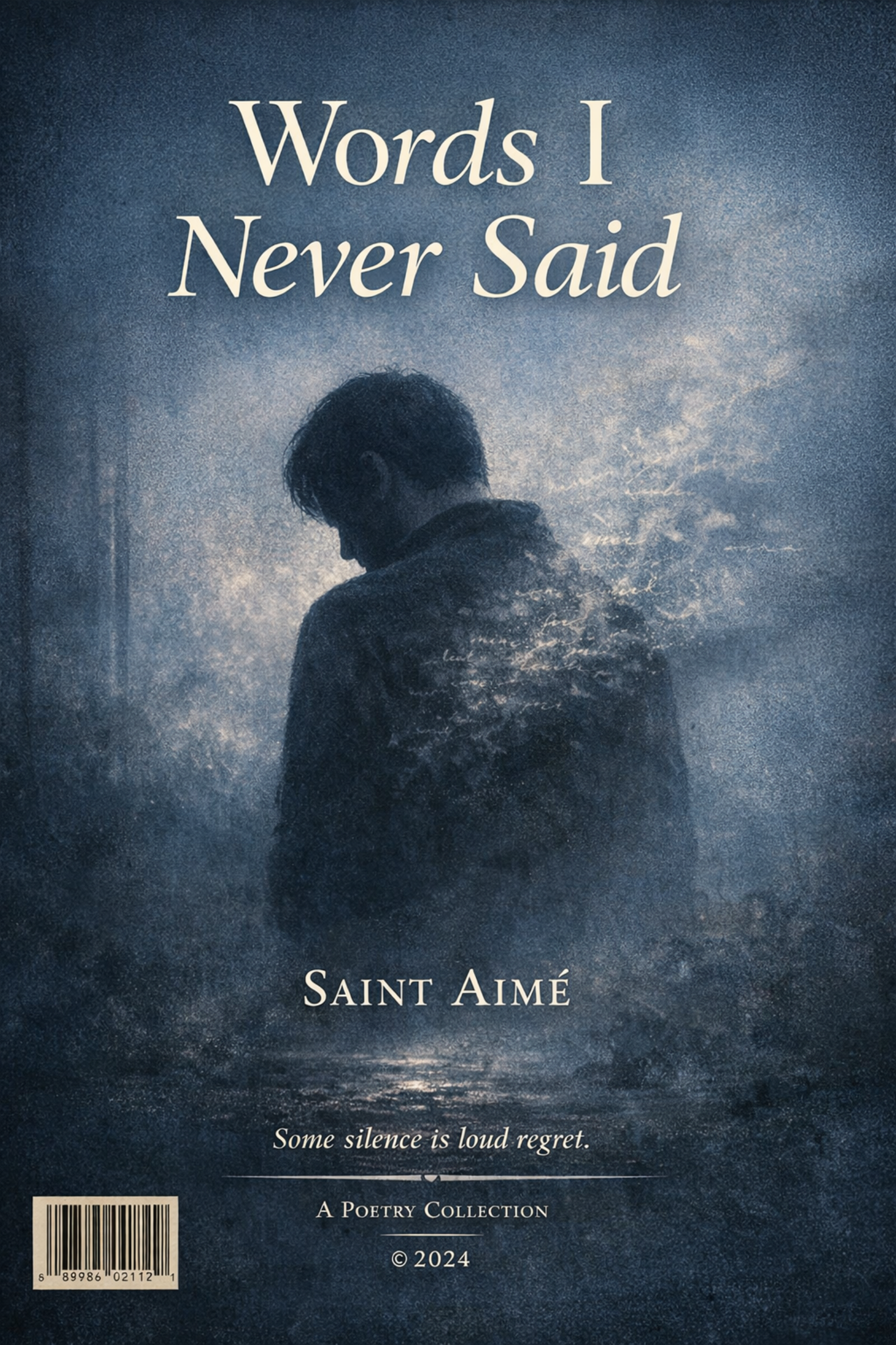
Words I Never Said



Saint Aimé

Some silence is loud regret.

A Poetry Collection

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Words I never said

There were words growing inside me, inside my heart
full sentences waiting for air,
but I kept them locked behind my teeth
because I was afraid of what honesty might destroy.

I learned early that silence looks polite,
that swallowing the truth keeps the peace,
so I practiced smiling while my chest felt crowded.

Those words followed me home.
They sat beside me in the dark,
asking why fear deserved a voice
more than truth did.

Now I understand—
not all silence is calm.
Some silence is loud regret
that speaks when it is already too late.